



## Act Now! Bullying stops with you. Grades 6, 7 and 8

### Reduce bullying while creating a climate of understanding, respect, compassion and acceptance

We know that bullying is a problem in nearly every school. It can greatly affect students' abilities to learn. To address this problem and help improve the school environment, Children's Health Education Center, in cooperation with Children's Hospital of Wisconsin and the Zink the Zebra Foundation, developed *Act Now!* This standards- and game-based, interactive bullying prevention e-learning program is specifically created for students in grades 6, 7 and 8. It also includes an optional online staff development and training program for school and community that provides a step-by-step process for creating a bully-free school.

*Act Now!* addresses physical, verbal, emotional and cyber bullying, plus sexual harassment, through a series of five engaging e-learning lessons in 6th grade, and reinforcing lessons in 7th and 8th grades. It features interactive role-playing, video segments and fun educational games supported by supplemental classroom discussions and activities. As students choose characters and role-play through a typical day at a middle school, they will be able to:

- Distinguish between bullying and other behaviors.
- Demonstrate ways to help a victim of bullying, including how to ask an adult for help.
- Understand the importance of advocacy through student-created anti-bullying campaigns.
- Identify what sexual harassment is and demonstrate how to respond.
- Reinforce appropriate social skills through role-playing, peer interaction and written activities.
- Identify and communicate three ways teachers, administrators and parents can improve a school's climate.

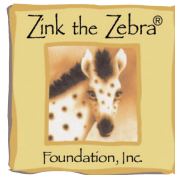


Your middle school will benefit from the use of *Act Now!* as the core of, or a supplement to, your school-wide bullying prevention plan. Children’s Health Education Center is committed to keeping kids healthy and safe. All levels of the program help empower students to create a school climate of understanding, respect, compassion and acceptance.

*Act Now!* features a comprehensive teacher’s guide that prepares teachers and/or counselors to use Children’s Health Education Center’s e-learning solution in their classrooms. The guide provides:

- Details on all activities and lessons.
- Learning objectives aligned with national standards.
- Classroom implementation strategies.
- Alternative teaching delivery methods.
- Take-home activities.
- Additional resources.

This program was built through a partnership with the Zink the Zebra Foundation. During the program, students will be introduced to Zink, a spotted Zebra, and learn about what she represents. A special thank you to the Zink the Zebra Foundation for its vision, passion and support that helped make *Act Now!* possible.



### Course name

*Act Now!*

### Target age group

Grades, 6, 7 and 8

### Course content

Bullying prevention, including physical, verbal, emotional and cyber bullying, plus a discussion on sexual harassment; how to help a victim and how to ask for help.

### Instructional strategies

Pre- and post-tests, interactive educational games, video segments, role-playing and teacher-led classroom activities.

### Target course length

Approximate time for both online time and classroom activity time:

- 6th grade: 6 to 7 hours.
- 7th grade: 4 to 5 hours.
- 8th grade: 4 to 5 hours.

### Technical requirements

- High-speed internet connection, sound card, video card, headphones.
- PCs or Macs.

### Aligned to the following standards

- Health content aligns with the criteria of the National Health Education Standards.
- Curriculum meets technology standards as defined by the International Society for Technology in Education in the National Educational Technology Plan.

### Support materials

- Teacher’s guide.
- Optional online staff development and training.
- Tech support.
- E-learning consultant.



All BlueKids.org online curriculum is brought to you by the health education experts at CHEC. Affiliated with Children’s Hospital of Wisconsin, one of the leading pediatric hospitals in the country, CHEC is committed to partnering with teachers to help students make healthy choices for life.